

Y7 Home Learning Plan 3

Physical Education and Sport Science

(13 weeks) 2 hours per week

| Week | Sport | Resources | Complete? (tick) |
|------|---|------------------------|---------------------|
| 1 | Warm Up—Invasion Games Plan a warm up for any invasion game. Examples: football, netball, rugby, basketball, hockey, handball | Warm Up BLANK | ✓ |
| 1 | <i>Practical—40 minute walk</i> | | ✓ |
| 2 | Cool Down—Invasion Games Plan a cool down for any invasion game. Examples: football, netball, rugby, basketball, hockey, handball | Cool Down BLANK | ✓ |
| 2 | <i>Practical—Aerobic Fit</i> https://www.youtube.com/watch?v=y4PG1fEeb1k | | ✓ |
| 3 | Warm Up—Net/Racket Sports Plan a warm up for any net game. Examples: tennis, badminton, volleyball, squash, table tennis | Warm Up BLANK | ✓ |
| 3 | <i>Practical—Tabata Training</i> https://www.youtube.com/watch?v=XleCMhNWFQQ | | ✓ |
| 4 | Cool Down—Net/Racket Sports Plan a cool down for any net game. Examples: tennis, badminton, volleyball, squash, table tennis | Cool Down BLANK | ✓ |
| 4 | <i>Practical—Boxercise</i> https://www.youtube.com/watch?v=jCTEVKRTuS8 | | ✓ |
| 5 | Warm Up—Striking/Fielding Plan a warm up for any striking and fielding game. Examples: rounders, softball, cricket, baseball | Warm Up BLANK | ✓ |
| 5 | <i>Practical—Dancersise</i> https://www.youtube.com/watch?v=ZWk19OVon2k | | ✓ |
| 6 | Cool Down – Striking/Fielding Plan a cool down for any striking and fielding game. Examples: rounders, softball, cricket, baseball | Cool Down BLANK | |
| 6 | <i>Practical – Top Fit</i> | | |

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| | https://www.youtube.com/watch?v=hBL6GjJCGFM | | |
| 7 | <p>Session Plan – Invasion Games</p> <p>Plan a games session for an invasion game. Examples: football, netball, rugby, basketball, hockey, handball</p> | <p>Session Plan</p> <p>BLANK</p> | |
| 7 | <p>Practical – Bottom Fit</p> <p>https://www.youtube.com/watch?v=ufleK5Ek28k</p> | | |
| 8 | <p>Session Plan – Net/Racket Sports</p> <p>Plan a games session for an invasion game. Examples: tennis, badminton, volleyball, squash, table tennis</p> | <p>Session Plan</p> <p>BLANK</p> | |
| 8 | <p>Practical – HIIT Training</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdq</p> | | |
| 9 | <p>Session Plan – Striking/Fielding</p> <p>Plan a games session for an invasion game. Examples: rounders, cricket, softball, baseball</p> | <p>Session Plan</p> <p>BLANK</p> | |
| 9 | <p>Practical – Yoga Fit</p> <p>https://www.youtube.com/watch?v=b6lFkSj4Jo</p> | | |
| 10 | <p>Warm Up/Cool Down – Athletics</p> <p>Plan a warm up and a cool down for any athletics event. Examples: sprinting, long-distance running, javelin, discus, shot put, long jump, high jump</p> | <p>Warm Up BLANK</p> <p>Cool Down</p> <p>BLANK</p> | |
| 10 | Practical – 60 minute walk | | |
| 11 | <p>Main Session – Athletics</p> <p>Plan a session for any athletics event. Examples: sprinting, long-distance running, javelin, discus, shot put, long jump, high jump</p> | <p>Session Plan</p> <p>BLANK</p> | |
| 11 | <p>Practical – KickBoxing</p> <p>https://www.youtube.com/watch?v=fVWCFsd6bA</p> | | |
| 12 | <p>Warm Up/Cool Down – Fitness</p> <p>Plan a warm up and a cool down for any fitness event. Examples: circuit training, continuous training, interval training, fartlek training, weight training</p> | <p>Warm Up BLANK</p> <p>Cool Down</p> <p>BLANK</p> | |
| 12 | <p>Practical – Strong!</p> <p>https://www.youtube.com/watch?v=cLJfmPaKb1M</p> | | |
| 13 | <p>Main Session – Fitness (circuit training)</p> <p>Plan a session for any fitness event. Examples: circuit training, continuous training, interval training, fartlek training, weight training</p> | <p>Session Plan</p> <p>BLANK</p> | |
| 13 | Practical - HITT | | |

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| | https://www.youtube.com/watch?v=GOyhg6SA1k | | |
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